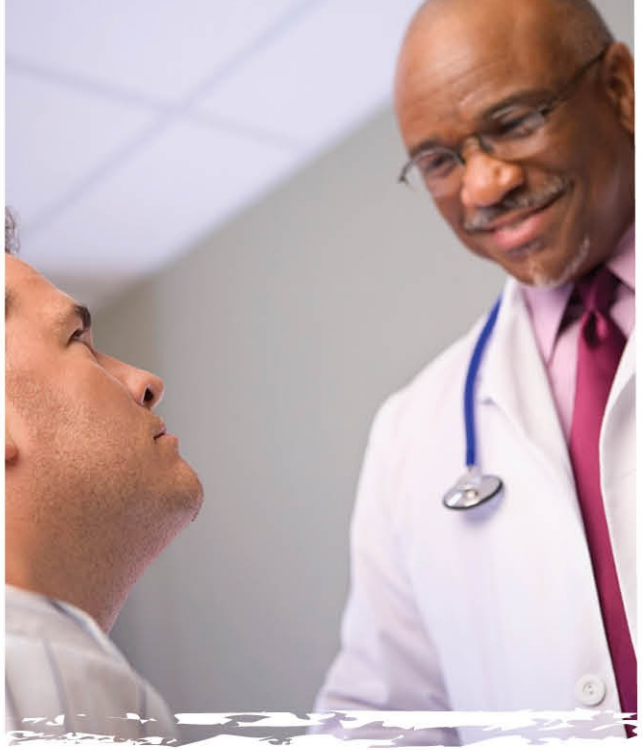

Your Sexual Health

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

Overview of Sexual Health

- What is Sexual Health?
- Benefits of Good Sexual Health
- Detailed Benefits of Good Sexual Health
- Five Action Steps
- Key Sexual Health Preventive Services

What is Sexual Health?

Sexual health is a key part of our overall health and well-being.

It is important no matter your age or the relationships you choose.

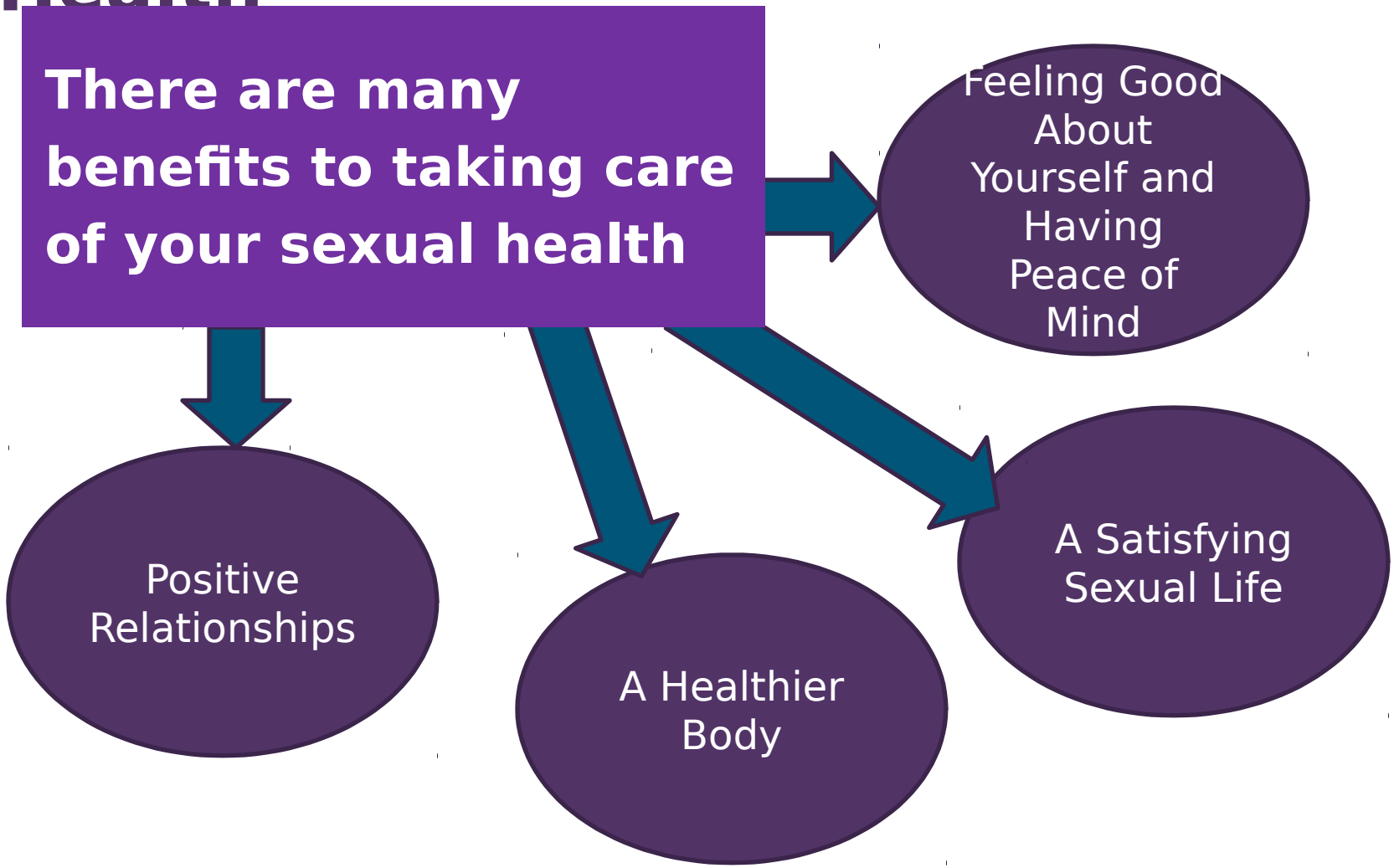
Being sexually healthy means being able to enjoy a healthier body, a satisfying sexual life, positive relationships, and peace of mind.

It also means taking care of yourself and your partners.

openly and honestly with your partners and healthcare providers is key.

Sex is a natural part of life; it can bring you pleasure, intimacy & joy

Overall Benefits of Good Sexual Health


There are many benefits to taking care of your sexual health
Feeling Good About Yourself and Having Peace of Mind
Positive Relationships
A Healthier Body
A Satisfying Sexual Life

Detailed Benefits of Good Sexual Health

There are many benefits to taking care of your sexual health (both physical and emotional)

and having peace of mind

- Be in control of your sexual choices
- Feel confident
- Be comfortable with yourself, body and sexual identity
- Feel positive about practicing safer sex, including use of condoms/contraceptives
- Reduce stress, worry, and regrets

that are:

- Based on open and honest communication
- Respectful, pleasurable, comfortable and safe
- Free of fear, pressure or violence
- Where you experience love, intimacy, and affection
- Balanced and fair

- Avoid STIs and HIV
- Prevent cancers caused by STIs
- Good sexual functioning and performance
- Overall health and well-being
- Have planned and healthy pregnancies when wanted
- Protect your ability to have children (your

- That is right for you and your partners
- That is pleasurable
- Based on your personal values, desires, and boundaries
- Includes your choice to be sexually active or not
- Allows you to explore and feel comfortable in your choices

Five Action Steps to Good Sexual Health

Take charge of your sexual health. These five action steps can help you achieve good sexual health.

Make sexual health part of your healthcare routine
Get smart about your body and protect it
Value who you are and decide what's right for you
Treat your partners well and expect them to treat you well
Build positive relationships

Value who you are and decide what is right for you

Action Steps

- Value yourself—what's on the inside and outside, including your body and sexual identity.
- Think about what you want—define your personal values, desires, and boundaries. These might change over time.
- Understand what you want before you get involved with someone.
- Recognize that we are all sexual beings; it's a natural part of life.
- Know that sex can bring you pleasure, intimacy, and joy.

Benefits

- Be in control of your sexual choices.
- Feel comfortable with yourself, your body, and your sexual identity.
- Feel confident.
- Have peace of mind, and reduce stress, worry, or regrets.
- Have a sex life that's right for you and your partners.
- Enjoy a pleasurable sex life.

Treat your partners well and expect them to treat you well

Action Steps	Benefits
Be with someone who makes you feel good about yourself, comfortable, and safe.	• Have relationships based on open and honest communication. • Have relationships that are respectful, pleasurable, comfortable, and safe. • Experience love, intimacy, and affection. • Be free of fear, pressure, or violence in relationships. • Have relationships that are balanced and fair.
Partners should respect your boundaries and not pressure you.	
Partners should care about your health and well-being.	
Partners should make you happy.	

Build positive relationships

Action Steps	Benefits
Respect your partner and make decisions together.	• Have relationships based on open and honest communication. • Have relationships that are respectful, pleasurable, comfortable, and safe. • Experience love, intimacy, and affection. • Be free of fear, pressure, or violence in relationships. • Have relationships that are balanced and fair.
Have open and honest conversations about your relationship, desires, and sexual health.	
If your partner is violent, pressures, or tries to control you, seek help.	
Value yourself, and what's right for you.	

Get smart about your body and pr

Action Steps	Benefits
Learn about your body and how it works (anatomy, sexual expression, pleasure, and safer sex).	• Prevent HIV and other sexually transmitted infections (STIs).
Choose if and when you want to be sexually active.	• Reduce risk of male and female cancers related to STIs (cervical, anal, throat, and penile).
Practice safer sex to prevent STIs and unplanned pregnancies.	• Maintain healthy sexual functioning/performance.
Plan ahead and be prepared with condoms and/or other contraceptives.	• Enjoy good health and well-being.
Take steps to protect yourself and your partners.	• Feel positive about practicing safer-sex.
	• Have planned and healthy pregnancies, when wanted.
	• Protect your ability to have children (your fertility).

Make sexual health part of your health care routine

Action Steps

- Find a health care provider/clinic that's right for you and makes you feel comfortable.
- Get regular sexual health wellness check-ups (screenings for STIs, vaccines, and contraceptive options).
- Have open and honest conversations with your provider.
- Discuss any concerns about sexual functioning or other problems.
- Check out the new guide, "Take Charge of your Sexual Health: What You Need to Know About Preventive Services."

Benefits

- With vaccines, protect yourself from some STIs, such as HPV and Hepatitis.
- With screening, detect STIs and get treated early. Help avoid serious problems from developing.
- Get advice on the best contraceptive options for you.
- Improve sexual functioning/performance.
- Have planned and healthy pregnancies, when wanted.

Make sexual health part of your health care routine – Key Sexual Health Preventive Services

- Zika Virus
- HPV vaccination (men and women up to age 26)
- Chlamydia screening annually (women up to age 25)
- Highly-reliable birth control options
  - Hormonal IUD
  - Non-hormonal (copper) IUD
  - Nexplanon sub-dermal hormonal implant
- Emergency contraception – Plan B
- Periodic pap test (women age 21 and older)
- HIV test every year for men who have sex with men
- HIV PrEP: pre-exposure prophylaxis
- HIV PEP: post-exposure prophylaxis

Questions?

Learn more from the Navy Sexual Health and Responsibility Program (SHARP)

http://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/sexual-health-